4. The Early Bird Gets the Most Out of the Textbook.

Get textbooks before classes begin and read at least the first fifty pages. This head start will acquaint you with the first several weeks of class and get you off to a better start.

In addition, reading material is always more interesting when you don't have to read it – and when there's no deadline to fight. Once classes begin, it's harder to sit back and try to enjoy something you *have to* read.

- Early, unpressured study is the least boring.

Note: To enhance your reading comprehension, try reading aloud, in order to stimulate both the right (visual) and left (verbal) sides of your brain.

Understanding the Right and Left Brain

Medical science is discovering more and more about the brain every day. Along with our muscles, it is the only other part of our body that we can develop. And like muscles, the brain will waste away if it is not used. Our challenge is to exercise our brain, just as we exercise and build the rest of our body.

Basically, the right hemisphere of the brain governs our artistic, musical, innovative, imaginative, entrepreneurial, political, theatrical, and visual tendencies. The left hemisphere controls our analytical, scientific, logical, mathematical and verbal leanings.

Contrary to what might be expected, however, the person who uses *both* sides of his or her brain is the most successful in either right or left brain professions. Einstein, for example, developed his theory of relativity while pondering (daydreaming) about buildings flashing by when he was on a train. They appeared narrower than they were. He continued to muse on the problem until all the elements came together. All this was his right brain in action. He then went back to his desk and, using analytical and logical left brain procedures, developed the formula which changed the world.

Later he admitted that had he worked on this problem from a purely analytical and scientific point of view, he could not have envisioned the theory because it defied all the known laws of science. Because he also used his innovative, creative, right brain abilities, he went beyond those laws.